EPP0572

Online psychotherapy in times of COVID-19: professional's experience

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doi: 10.1192/j.eurpsy.2021.921

Introduction: The global pandemic of corona virus has brought on the imperative of swift organisational changes within mental health care institutions. Outpatient psychiatric care system with all its complex features was organized online. Patient's adjustment to different modality of treatment, and their benefit, was of our primary concern. Mental health professionals had many challenges in this process as well. Couple of months into providing this form of treatment, we were interested in therapist experience.
Objectives: The aim of this study was to highlight challenges faced by the various mental health professionals that were a part of interdisciplinary team at University Psychiatric Hospital Vrapče.
Methods: We used self-assessment scales to assess mental health professionals experience and to recognize some of the possible difficulties in this process. We have examined satisfaction with available technology, suitability of different psychotherapeutic background when providing online treatment, therapists competencies for this kind of treatment and levels of perceived stress. Mental health treatment comprised individual and group approach, and was provided by interdisciplinary teams of psychiatrists, clinical psychologists, social workers, social pedagogues, psychiatric nurses, and work therapists.
Results: The results show differences between professional's psychotherapy background, educational level and previous experience in perceived efficiency and experienced stress in the process of providing online treatment.
Conclusions: The findings of this study have proven that professionals perceive technical, organisational standards, previous experience, and education to be important for their efficiency. This should be taken into account when developing standards in online treatment within mental health institutions.
Conflict of interest: No significant relationships.

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Diagnosis moderates the relationship between anxiety and digital communications in bipolar disorder and borderline personality disorder: A naturalistic remote-monitoring study

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doi: 10.1192/j.eurpsy.2021.922

Introduction: Differences in the relationship between mood and digital communication metrics have been shown to act as a diagnostic marker in Bipolar Disorder (BD) and Borderline Personality Disorder (BPD). Anxiety has been associated with mobile-phone use in non-clinical populations, although a potential association between anxiety and digital communications in BD or BPD populations hasn't been studied.
Objectives: To explore the association between self-reported anxiety symptoms and objective, naturalistic digital communications metrics in BD and BPD participants.
Methods: BD (n= 17) and BPD (n=17) cohorts were provided with a smartphone application which monitored phone call and SMS frequency and duration, alongside weekly self-reported anxiety (Generalised Anxiety Disorder 7-item scale). Linear mixed-effects regression models assessed the association between digital communications, anxiety state and interaction effects between anxiety and diagnosis.
Results: Self-reported anxiety state was negatively associated with decreased total call frequency (B=-5.150, p=0.002), cumulative total call duration (seconds; B=-1456.779, p<0.001), cumulative outgoing call duration (seconds; B=-1108.23, p<0.001), total SMS frequency (B=-31.412, p<0.001), outgoing SMS frequency (B=-16.443, p<0.001), cumulative total SMS length (characters; B=-1664.78, p=0.001) and cumulative outgoing SMS length (characters; B=-857.770, p=0.005) for BD, but not BPD, participants. Associations remained significant after adjusting for mood.
Conclusions: These results further suggest that BPD individuals, compared to BD individuals, exhibit persistent social interaction during mental distress. Together with previous findings, this effect appears to be common, but independent, for both self-reported anxiety and depression. These findings inform our understanding of the psychopathology of the two conditions, and may contribute to the development of tools to aid their diagnostic differentiation.
Conflict of interest: Prof Goodwin is a NIHR Emeritus Senior Investigator, holds shares in P1vital and P1Vital products and has served as consultant, advisor or CME speaker in the last 3 years for Compass pathways, Evapharm, Janssen, Lundbeck, Medscape, P1Vital, Sage, Servier.

Keywords: Digital phenotyping; bipolar disorder; Borderline personality disorder; Anxiety

EPP0572

Effectiveness of internet-based cognitive behavioural therapy for binge eating disorder

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doi: 10.1192/j.eurpsy.2021.923

Introduction: Binge eating disorder (BED) is the most prevalent specific eating disorder. It is characterized by recurrent episodes of binge eating and is associated with feelings of shame and a lack of control. Internet-based treatments are gaining increasing attention as a way to reach more patients with evidence based treatments In 2020 we conducted a preliminary analysis on the effectiveness of an internet-based cognitive behavioural therapy treatment project (Jensen ES, Linnet, J, Holmberg TT, Tarp K, Nielsen JH,

https://doi.org/10.1192/j.eurpsy.2021.923 Published online by Cambridge University Press

Lichtenstein MB. Effectiveness of internet-based guided self-help for binge-eating disorder and characteristics of completers versus noncompleters. Int J Eat Disord. 2020;1-6. https://doi.org/10.1002/eat.23384).
Objectives: This study aims to update the analyses on treatment effect with the patients who have completed treatment in the year following the last data extraction.
Methods: The iBED treatment project is a 10-session psychologist guided internet-based self-help program based on cognitive behavioural therapy. When applying for treatment and upon completion patients respond to a survey containing, among other scales, the eating disorder examination-questionnaire (EDE-Q), binge eating disorder-questionnaire (BED-Q) and various sociodemographic questions. Data will be extracted from the treatment project in anonymized form for analyses.
Results: The preliminary analyses were conducted on 36 completers. These showed large standardized effect sizes on both the EDE-Q subscales (Cohens d ranging from .88-1.65) and on the BED-Q (d = 1.38). The updated effectiveness analyses will be presented at the conference. We expect approximately 70-80 patients to have completed treatment at this time.
Conclusions: Results will be discussed and presented at the conference.

Keywords: binge eating disorder; eMental health; effectiveness; Internet-based treatment

EPP0573

Telecommuting and employees' mental health.

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doi: 10.1192/j.eurpsy.2021.924

Introduction: Telecommuting is defined as "a work practice that involves members of an organization substituting a portion of their typical work hours to work away from a central workplace, using technology to interact with others as needed to conduct work tasks". The prevalence rate of telecommuting in Sapin in 2019 was 5%, while this rate grew up to 34% during de COVID-19 pandemic.
Objectives: The purpose of this poster is to make a review about how telecommuting affects the employees' mental health.
Methods: A review os the available literature on employees' menthal health.
Results: Most employers who offer telecommuting consider it a strategic decision for their businesses: it could reduce the expenses of physically accommodating the employees, and it might help employers to contact their subordinates anytime, if needed. Many articles in the popular press about telecommuting extol the benefits of this practice on employees' health (work-life balance, reduction of travel expenses). However, only a handful of empirical studies substantiate these claims (job satisfaction, quality of life, and role-related stress). Less discussed is the potential of telecommuting to have a negative impact on employees' health. It may increase both social and professional isolation, which in turn is associated with higher levels of emotional exhaustion, cynicism, cognitive stress complaints and lower levels of work engagement.
Conclusions: Finally, although it is not as effective as personal contact, organizations may stimulate qualitative virtual interaction with coworkers by providing robust online meeting tools and infrastructure, so users can seamlessly collaborate regardless of their physical location.

Keywords: TELECOMMUTING; mental health; Covid; pandemic

EPP0575

Online psychological intervention with LGBT clients in Portugal

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doi: 10.1192/j.eurpsy.2021.925

Introduction: This is a quasi-experimental and pioneering study in Portugal.
Objectives: (1) to provide assessment materials for symptoms of internalized homophobia, depression, and anxiety targeted at LGBT people; (2) offer support materials for psychotherapeutic work-oriented in the areas of internalized homonegativity, depression, and anxiety; and (3) offer monitoring measures throughout the program to demonstrate changes. It consists of three phases (pre-program evaluation, therapeutic activities and post-program evaluation).
Methods: 38 LGBT + individuals participated, average age was 34.15 years, 30 self-identified as male. Measures used for the pre and post-intervention assessment were the sociodemographic questionnaire, the LGBT identity questionnaire, the Rosenberg self-esteem scale, and the BSI-18. Participants were invited to join the program online, through a platform created for this purpose, where ethical aspects were clarified, namely: confidentiality and commitment to adherence. Therapeutic tasks were sent by email or WhatsApp depending on the preference of each participant.
Results: Relevant differences in internalized homophobia, depressive, and anxious symptoms between the pre and post-intervention moments were observed, indicating that the program is effective in changing these symptoms.
Conclusions: The importance of validating this type of program allows reaching "hidden" populations by offering online support that minimizes the effects of sexual stigma on LGBT + populations.

Keywords: Depression; Anxiety; LGBT; Online intervention

EPP0576

Therapeutic relationship and virtual setting during the COVID 19 emergency

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doi: 10.1192/j.eurpsy.2021.926

Introduction: During the COVID 19 epidemic, the isolation helped virtual psychoterapy sessions, not to break up therapeutic relationship in critical moments.